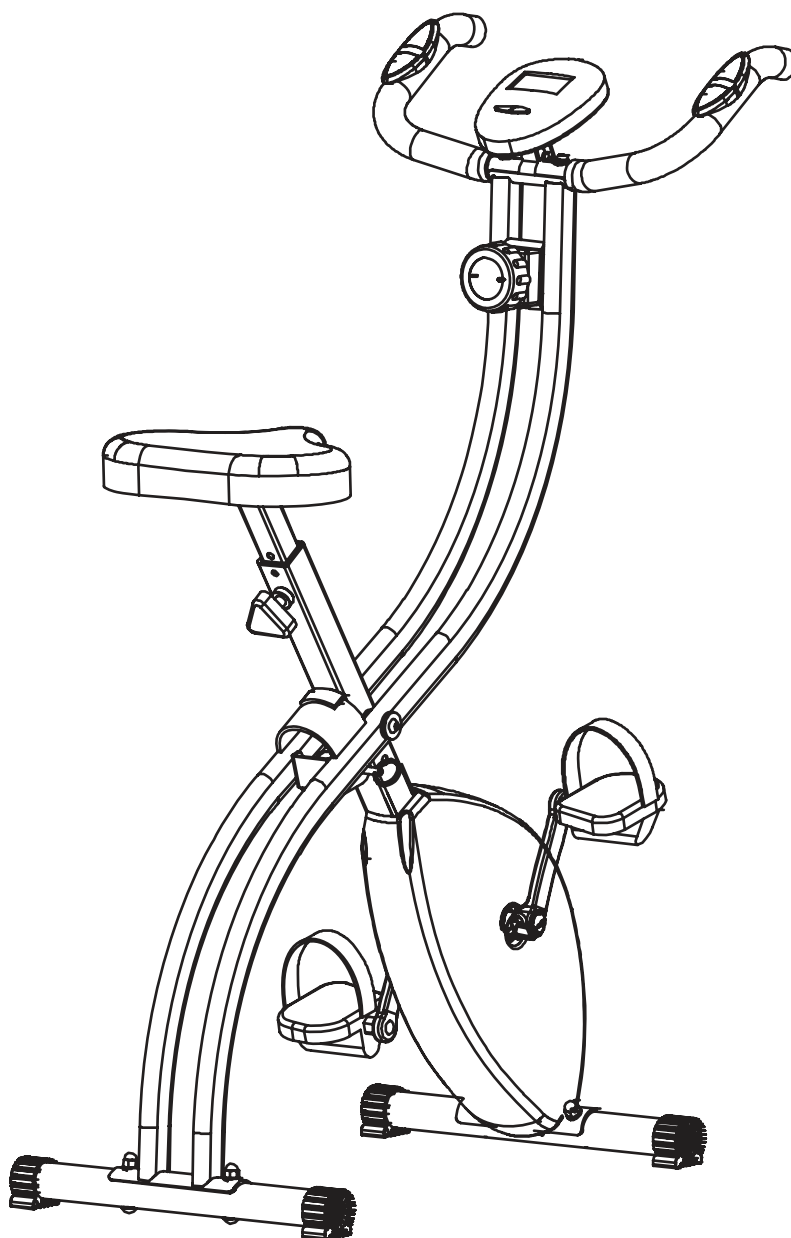


Gold Folding Exercise Bike

Assembly & User Instructions - Please keep for future reference

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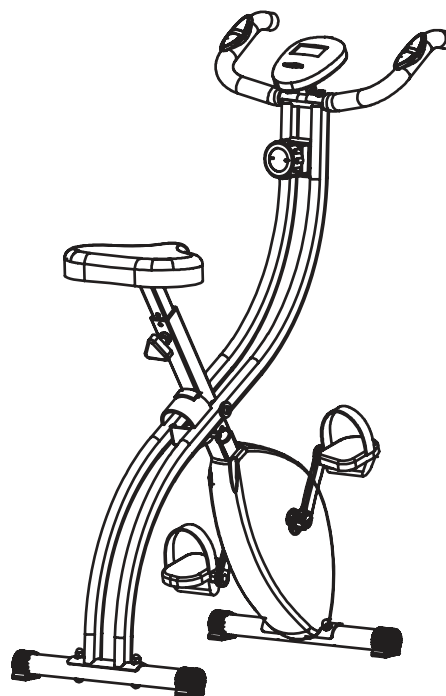
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714** or visit / www.argos-support.co.uk

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Safety Information

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Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the exercise bike.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.

- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 100kg.
- This product conforms to: BS EN ISO 20957-1 and -5 Class (H) - Home Use - Class (C).
- This stationary training equipment is not suitable for high accuracy purposes
- The braking system is adjustable.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.





Safety Information

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Important – Please read fully before assembly or use



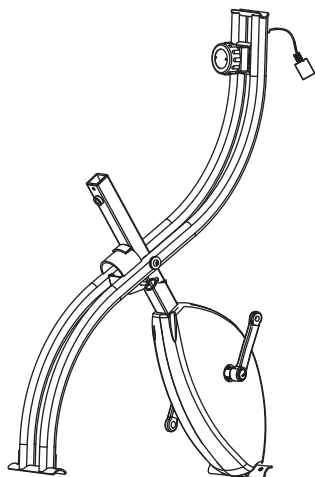
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately. Warning! Heart rate monitoring systems may be inaccurate. For the most accurate heart rate measure, please hold both hand pulse sensors continuously during any programme.

Components - Parts

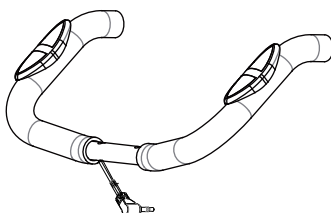
If you have damaged or missing components,
call the **Customer contact number: 0345 600 1714**

Please check you have all the parts listed below

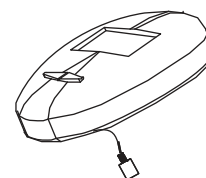
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



19. Main frame x 1



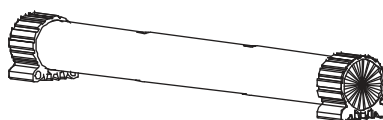
1. HandleBar x 1



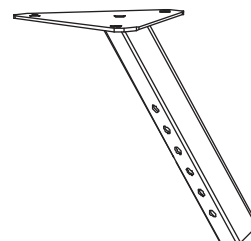
4. Exercise Monitor x 1



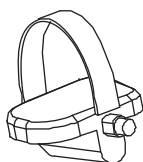
9. Holder of Monitor x 1



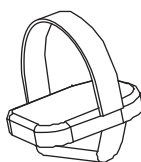
3. Stabiliser x 2



2. Saddle Stem Insert x 1



7. Pedal (R) x 1



6. Pedal (L) x 1



5. Saddle x 1

Components - Fixings

Please check you have all the fixings listed below

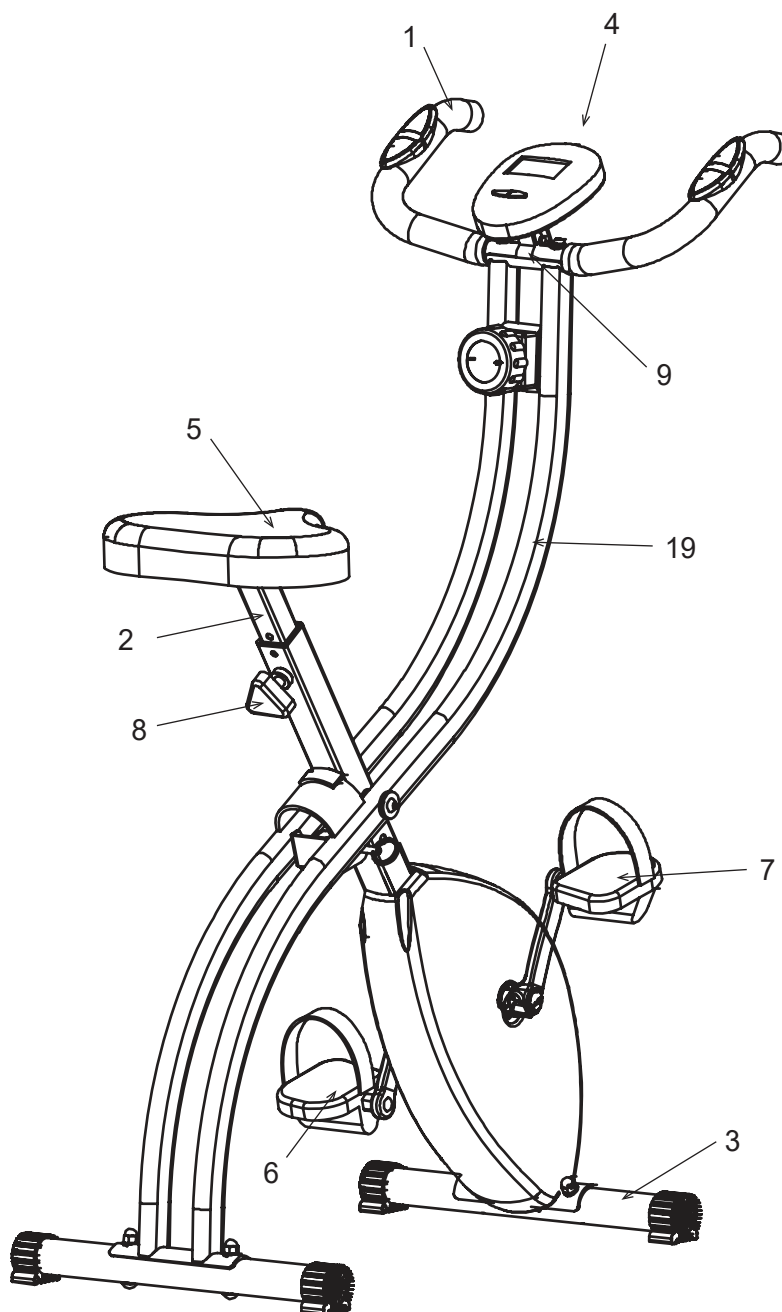
Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

[illegible]

Assembly Instructions

Total mass of the product is 15.5 kg.

Total size of the equipment is (width) 42.5 cm x (depth) 88cm x (height) 111cm.



1. Handlebar

4. Exercise Monitor

7. Pedal(R)

19. Main frame

2. Saddle Stem Insert

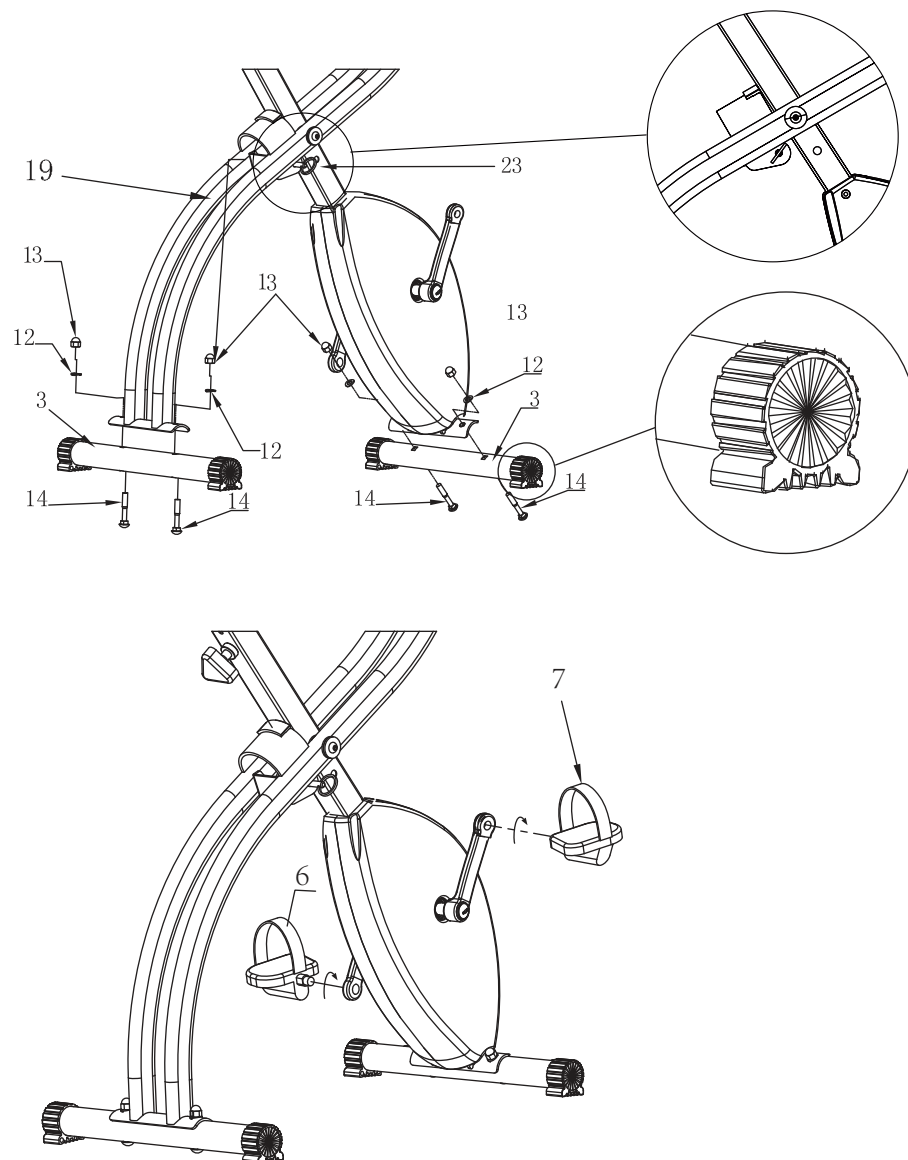
5. Saddle

8. Adjuster knob

3. Stabiliser

6. Pedal(L)

9. Holder of monitor



Step 1

Unfold the Main Frame (19).
Lock into position using 1 x
Locking Pin (23).

Connect the Stabiliser (3)
to the Main Frame (19)
using 2 x M8 x 55mm Carriage
Bolt (14), 2 x M8 Curved
Washer (12), and 2 x M8
Dome Nut (13).

Note: The flat surface of the
stabiliser must be placed
flat horizontally on the ground.

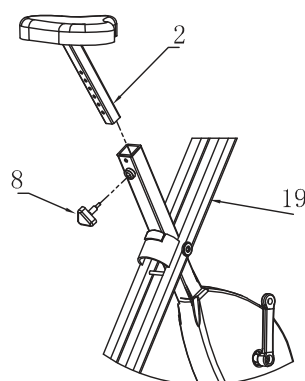
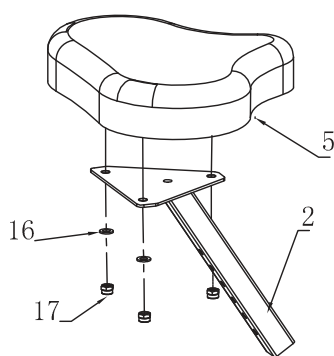
Repeat for the other Stabiliser
(3) and tighten all Nuts and
Bolts securely.

Assemble the Pedals (Left and
Right) (6 & 7) to the Pedal
Crank. Both Pedals
MUST be tightened securely
other wise damage may occur
to the Crank.

Turn clockwise to assemble both
the Right Pedal (7) and the Left
Pedal (6).

Assembly Instructions

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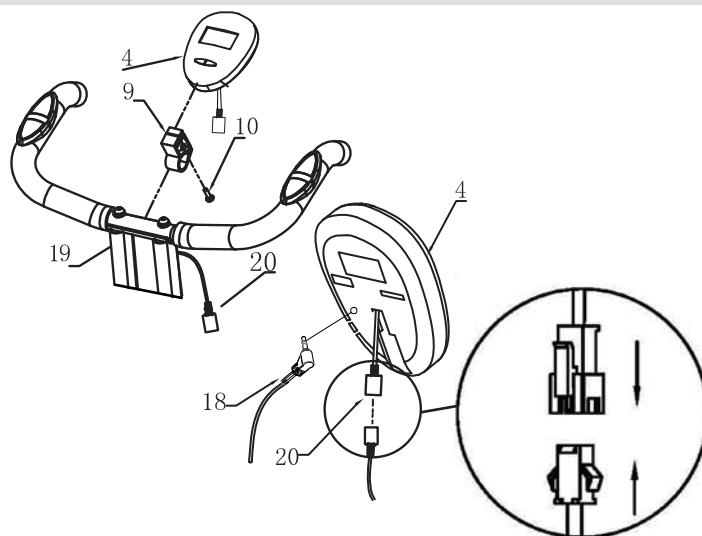
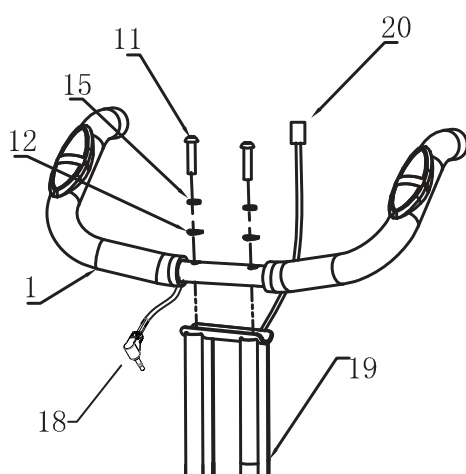


Step 2

Remove the 3 x M8 Saddle Washer (16) and 3 x M8 Saddle Nut (17) from the Saddle (5).

Fix the Saddle (5) to the Saddle Stem Insert (2) by refitting the M8 Saddle Washers (16) and M8 Saddle Nuts (17) previously removed. Attach the Adjuster Knob (8) into the saddle support before you slide the Saddle Stem Insert (2) into the Main Frame (19).

Set the Saddle to the desired height, allowing for a slight bend in the knee at the bottom of the pedal rotation. Re-tighten the Adjuster Knob (8).



Step 3

Connect the Handlebar (1) to the Main frame (19) using 2 x M8 x 35mm Allen Bolt (11), 2 x M8 Spring Washer (15) and 2 x M8 Curved Washer (12). Attach the Holder of monitor (9) on the Handlebar (1). Tighten the opening of the Holder (9) with one Screw (10). Slide the Exercise Monitor (4) onto the Holder (9).

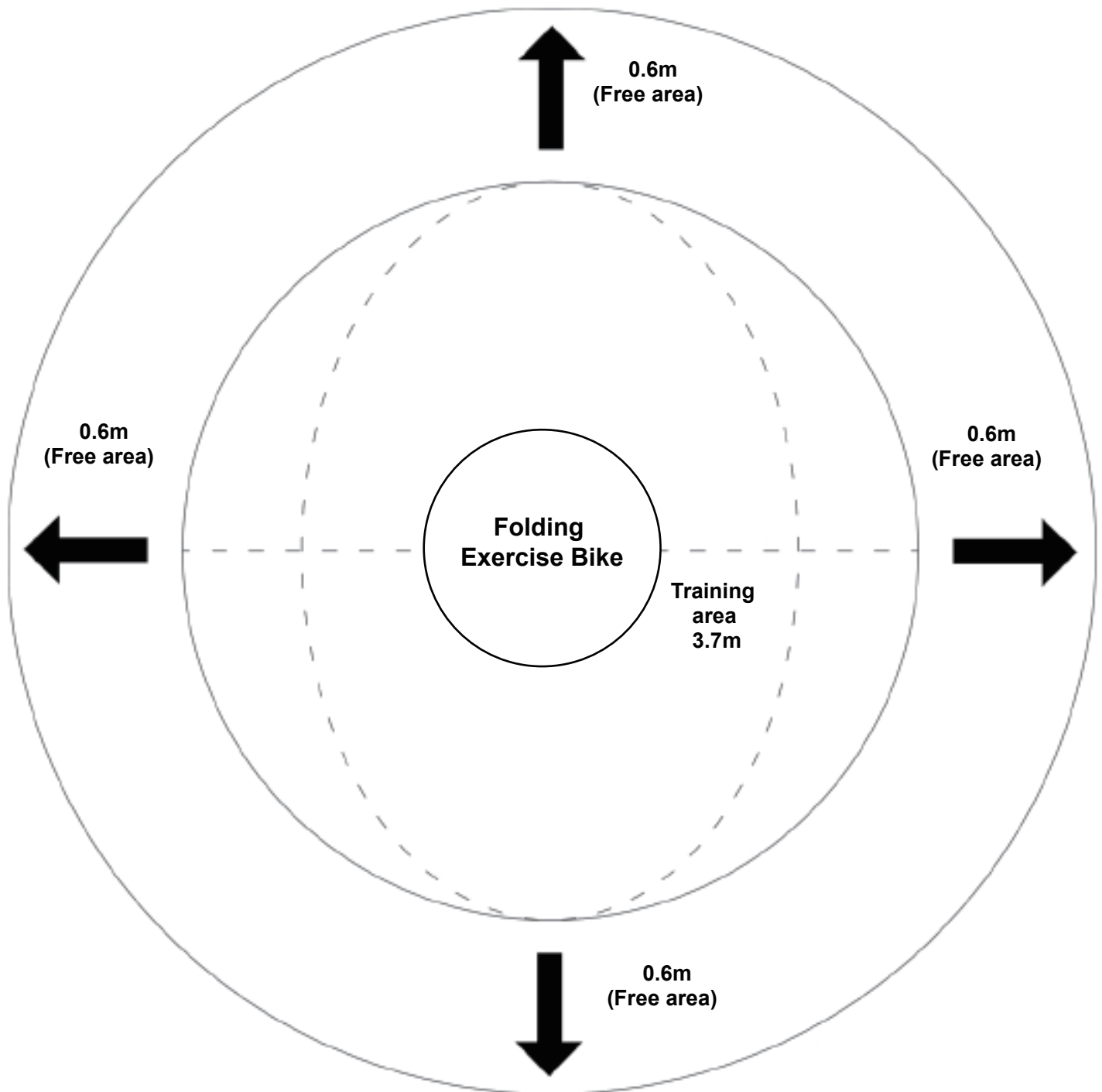
Connect the Sensor Wire (20) together.

Attach the Hand pulse wire (18) to the Exercise Monitor (4).

WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

Exercise Information

Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per workout increase is advisable.

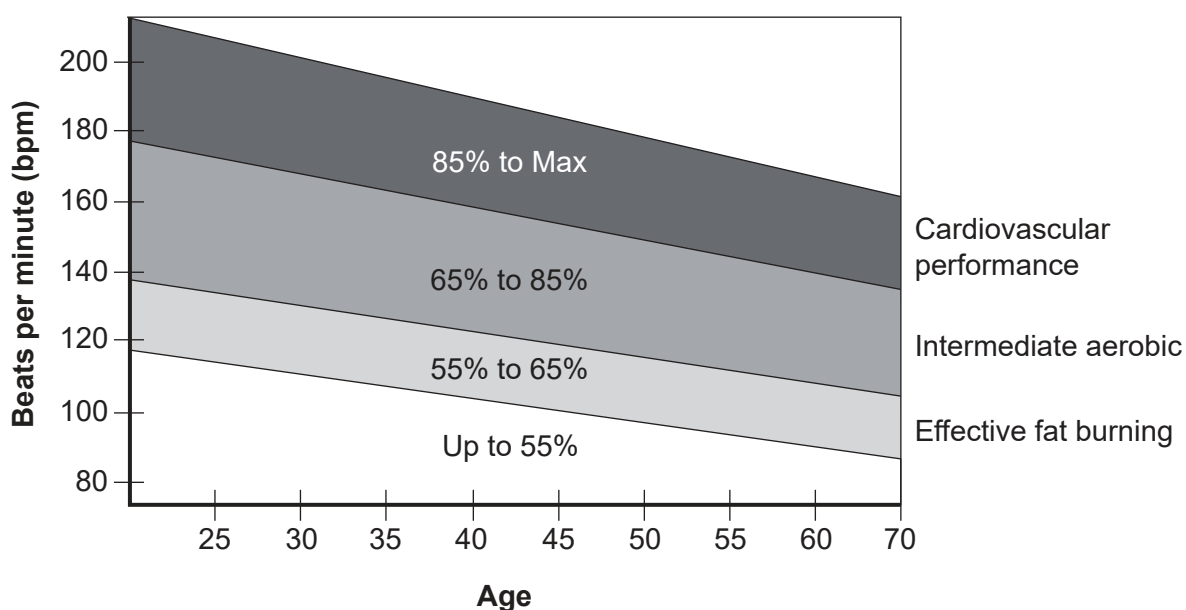
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

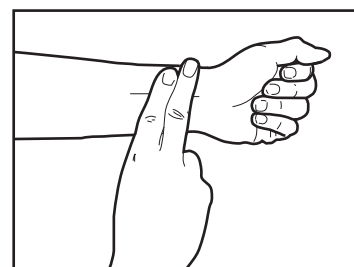
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Muscle chart

Aerobic Exercise

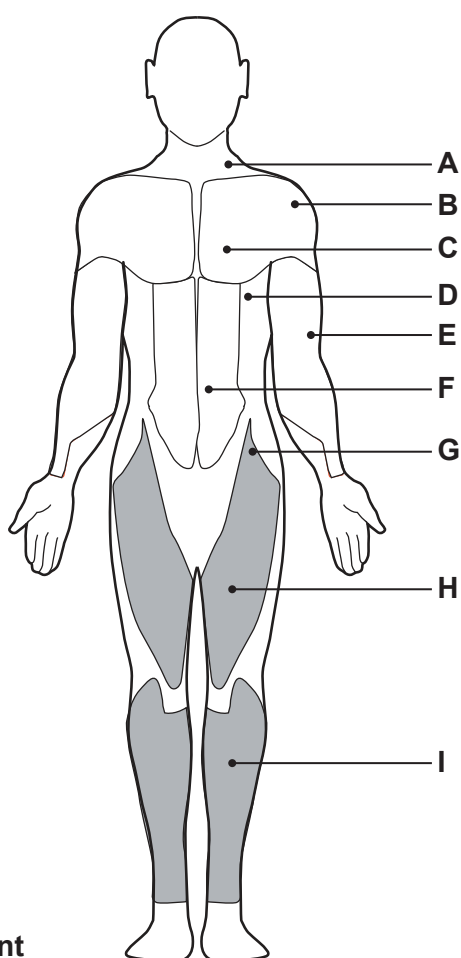
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example).

Weight Training

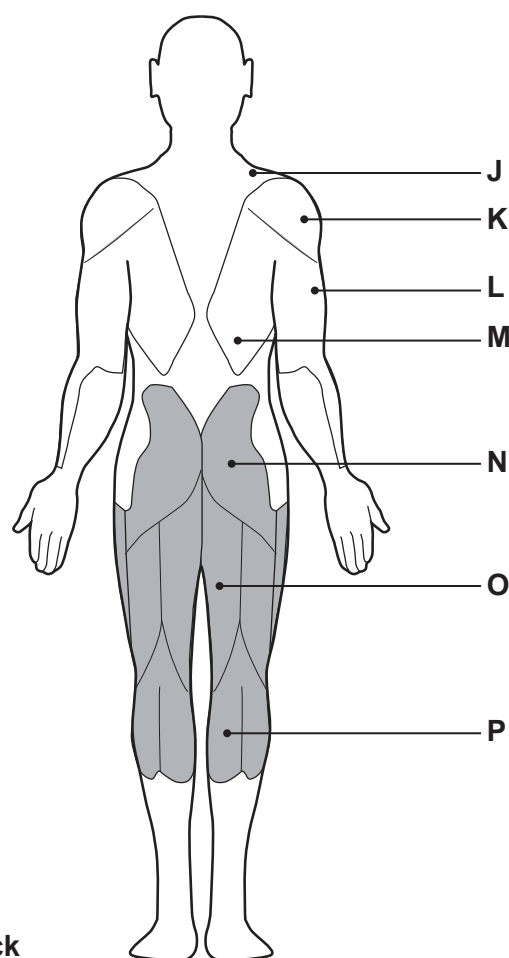
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

Targeted Muscle Groups

The exercise routine that is performed on the exercise bike will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

- | | |
|-----------------------------|-----------------------------|
| A: Trapezius | F: Abdominal |
| B: Anterior Deltoid | G: Sartorius |
| C: Pectoralis Major | H: Quadriceps |
| D: Serratus Anterior | I: Tibialis Anterior |
| E: Biceps | |

- | | |
|-----------------------------|-------------------------|
| J: Trapezius | N: Gluteals |
| K: Posterior Deltoid | O: Hamstrings |
| L: Triceps | P: Gastrocnemius |
| M: Latissimus Dorsi | |

Warming up and Cooling down

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to reduce post-exercise muscle soreness.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



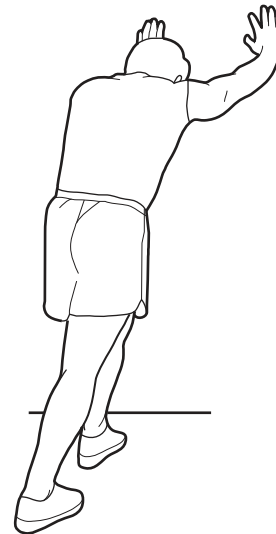
Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



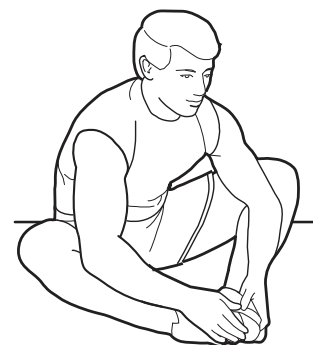
Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, then relax.

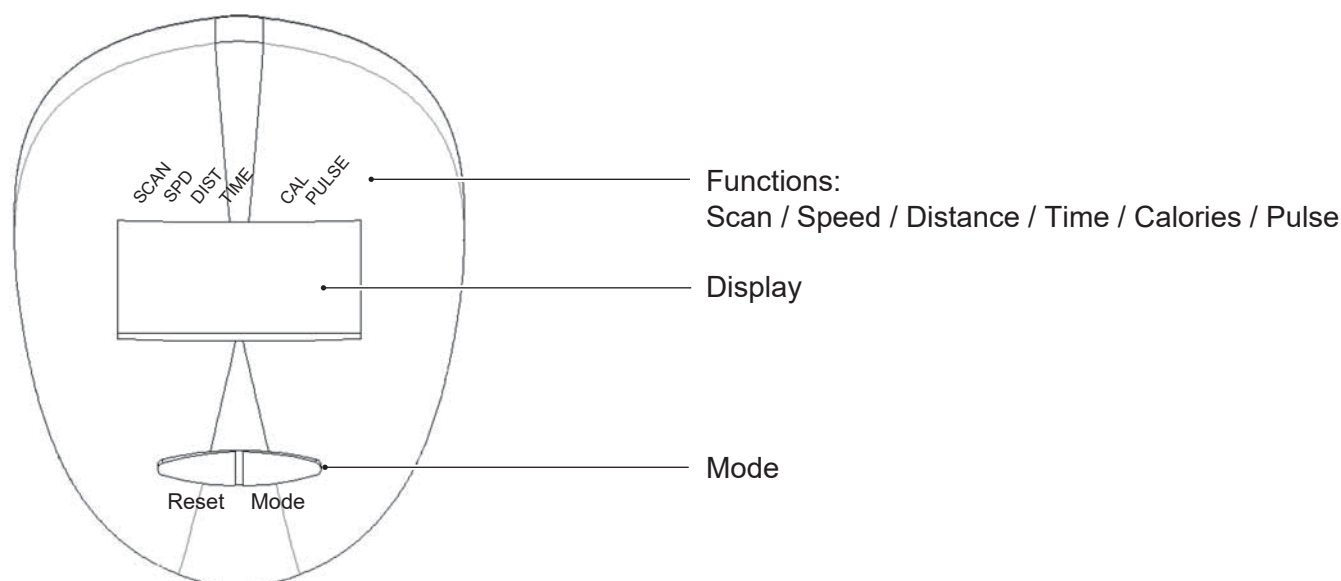
Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Exercise Information

Console Operation



RESET: Reset value to zero in each mode.

AUTO ON /OFF: The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically 4 minutes after use.

Functions:

SCAN: Press Mode until the arrow points to SCAN, the display will automatically rotate between TIME, SPEED, DISTANCE, CALORIES, PULSE, Each display will be held for 6 seconds.

SPEED: Press Mode until the arrow points to SPEED. The monitor will display the current speed.

DISTANCE: Press Mode until the arrow points to DIST. Monitor will display the trip distance you have travelled.

TIME: Press Mode until the arrow points to TIME. The monitor will display total riding time.

CALORIES: Press Mode until the arrow points to CAL. The monitor will display total calories burnt.

PULSE: Press Mode until the heartbeat symbol ♥ is flickering, the monitor will display your current heartbeat per minute.

MODE: Press Mode to choose functions.

Specifications

Function	Auto Scan	Every 6 seconds
	Time	0:00-99:59 (Minute: Second)
	Distance	0.0-999.9 KM
	Speed	0.0-99.9 KM/H
	Calories	0-9999 Kcal
	Pulse	40-240 BPM
Sensor		No-contact magnetic type
Battery type		2 x SIZE-AA (not included)
Operation temperature		0°C ~ +40°C (32°K ~ 104°K)

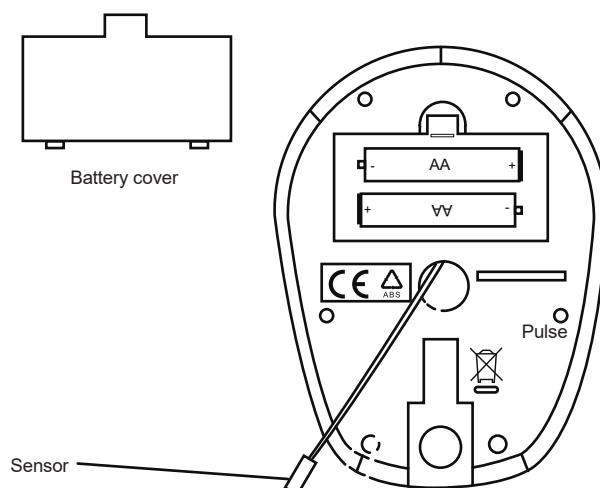
Exercise Information

Replacing the batteries

Remove the Back Cover (A) of the Monitor (5) and install 2 x AA battery (B) into the battery compartment.

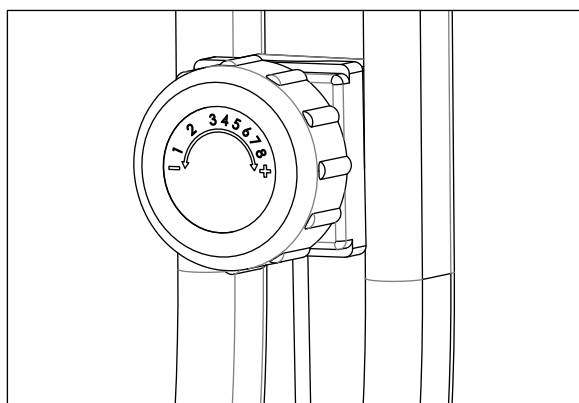
Replace the Back cover (A) to the Monitor (5).

Note: The 2 pcs of AA battery are not included with the equipment.



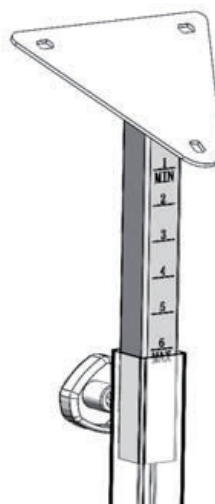
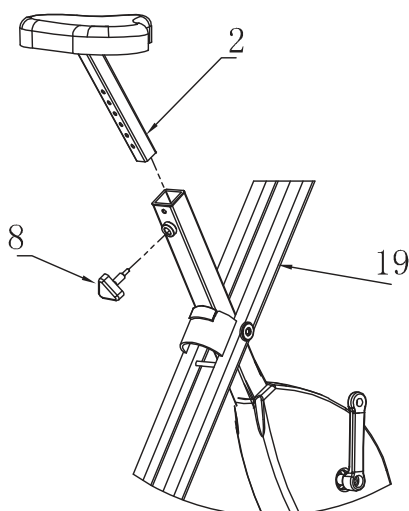
Adjustment of Resistance

Adjustment of Resistance level by turning the 8-level tension knob either to the right (increase) or left (decrease).



Adjustment of Seat Height

Unlock the Adjuster Knob (22) and pull or push the Saddle Stem Insert (15) to adjust the seat height. Do not pull over the MAX mark for maximum height or push down below MIN mark for minimum height.

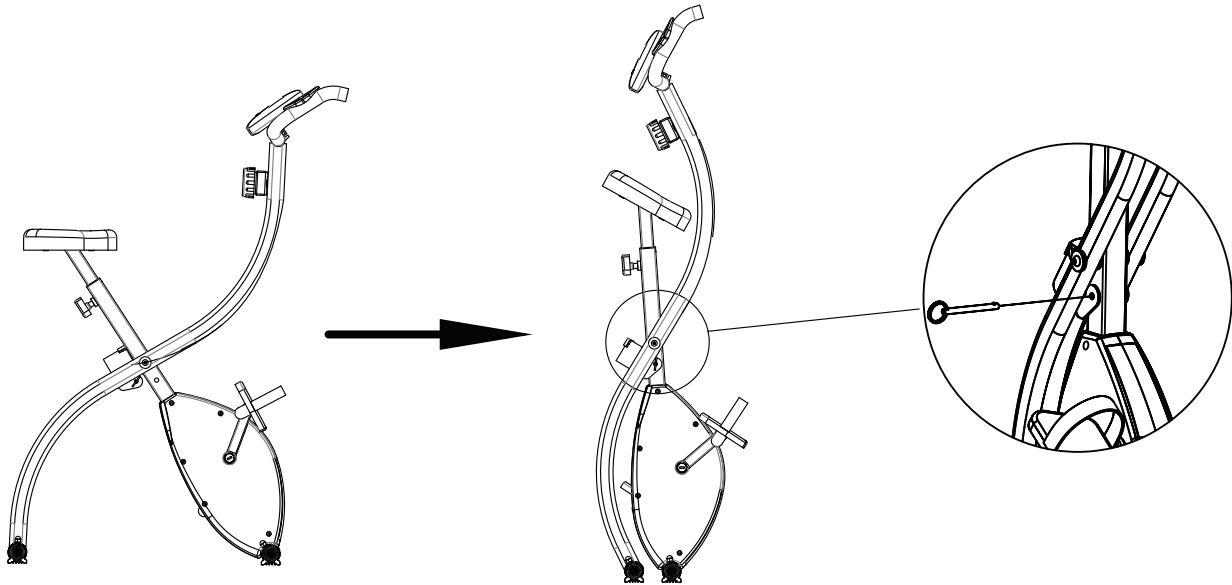


Exercise Information

Folding away your Exercise Cycle

Insert the Locking Pin (27) through the holes to lock the folding position in place as depicted in the illustration.

Folded dimension of the exercise cycle is 43 x 42.5 x 136 (H) cm.



Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e. g. ropes, pulleys and connection points.
2. Lubricate moving parts with light oil periodically to prevent premature wear. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.
4. The equipment can be cleaned using a damp cloth and mild non - abrasive detergent.
Do not use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the

Customer Helpline:

0345 600 1714 www.argos-support.co.uk

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

Notice: The sign *Pb* below the symbol for batteries indicates that this battery contains lead.

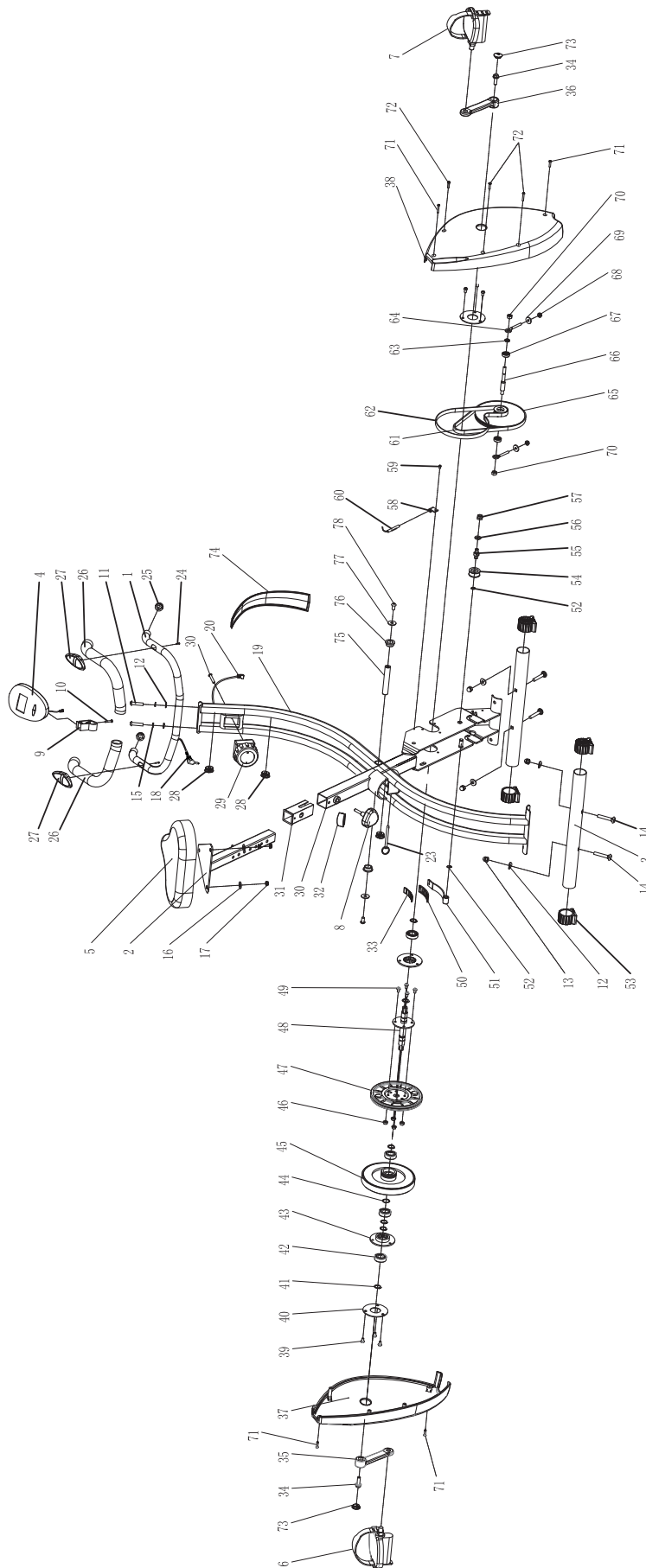


Products



Battery

Exploded Parts Diagram



Parts List

Ref.	Description	Size/mm	Qty	Ref.	Description	Size/mm	Qty
1	Handlebar	Ø22XT1.2X793	1	40	Metal plate for reinforcing	75*75*T2.0	2
2	Saddle Stem Inster		1	41	Snap rings	Match Ø17 shaft	6
3	Stabiliser		2	42	Bearing	6003	4
4	Exercise Monitor		1	43	Plastic bearing holder	Ø74.5*13	2
5	Saddle		1	44	Wave washer	Match Ø17 shaft	1
6	Pedal(L)		1	45	Flywheel	160,2.5KGS	1
7	Pedal(R)		1	46	Locknut	M8	4
8	Adjuster knob		1	47	Ø155 belt pulley	Ø155*12.2	1
9	Holder of monitor		1	48	Shaft sets	Ø17*146 / 65*65*T3.0	1
10	Screw	ST4*25	1	49	Philip's head screw	M6*12	4
11	Allen Bolt	M8*35	2	50	Magnets holder		1
12	M8 Curved washer	Ø20*Ø8.5*T1.5	6	51	Magnets bracket		1
13	M8 Dome nut	M8	4	52	Snap rings	Match Ø10 shaft	2
14	Carriage bolts	M8*50	4	53	Caps		4
15	M8 Spring washer	Ø14*Ø8.1*4.2	2	54	Pinch roller	6000Z/Ø38.1*15.8	1
16	M8 saddle Flat washer	Ø18*Ø8.5*T1.2	3	55	Pinch roller shaft	Ø17*35.5	1
17	M8 saddle nut	M8	3	56	Flat washer	Ø20*Ø10.2*T1.5	1
18	Hand pulse wire		1	57	Locknut	M10	1
19	Main frame		1	58	Sensor holder	25*15*9	1
20	Sensor wire		1	59	Philip's head screw	M4*8	1
21	Spanner		1	60	Sensor		1
22	Allen key	L5	1	61	Belt	230J	1
23	Locking pin		1	62	Belt	240J	1
24	Tapping screw	ST4*15	2	63	Hex nut	M8	1
25	Handlebar cap		2	64	Screw	M6*50	1
26	Foam	Ø31*Ø21*342	2	65	Screw	Ø150*11.5	1

Parts List

Ref.	Description	Size/mm	Qty	Ref.	Description	Size/mm	Qty
27	Pulse sensor		2	66	150 belt pulley shaft	Ø12*93.65	1
28	Spout plug	25*22*11	3	67	Bearing	608	2
29	Philip's head screw	M5*20	1	68	Locknut	M6	2
30	Driving unit frame		1	69	U shape washer	30*9*6	2
31	Bushing	Match 38X38XT1.5 pipe	1	70	Locknut	M8	2
32	Block	45*16.5*2.0	1	71	Philip's head screw	ST20	4
33	Magnet	18*9*5	5	72	Philip's head screw	ST18	3
34	Flange screws	M8*25	2	73	Crank cap	Ø25	2
35	Crank(L)	5Inch 1/2-20	1	74	Top cover	420*97*5	1
36	Crank(R)	5Inch 1/2-20	1	75	X shaft	Ø16*92	1
37	Chain cover(L)	435*120*55	1	76	Bushing	Ø28*Ø16*9.5	6
38	Chain cover(R)	435*120*58	1	77	Flat washer	Ø25*Ø8.5*2.0	2
39	Philip's head screw	M6*10	6	78	Hexagon socket head cap screw	M8*15	2



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call the **Customer contact number: 0345 600 1714** **www.argos-support.co.uk**

Guarantor: Argos Ltd
489 - 499 Avebury Boulevard
Central Milton Keynes
MK9 2NW